



# Nutrition 101

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## A Whole Foods Diet

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- High in whole grains and fiber
- High fruits and veggies
- Moderate in low-fat dairy
- Moderate in nuts and legumes
- Moderate in fish, poultry, and eggs
- Low in “bad” fats, moderate in “good fats”
- Low or sparingly in beef and pork and refined carbohydrates and sugars

# Caloric Intake

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1. Calculate the number of calories you need to sustain/maintain your weight
  2. For weight loss, decrease your caloric intake/increase your caloric expenditure (with exercise!) by 500-1000 kcals
  3. After weight loss, readjust your caloric intake to maintain your current weight
- Use worksheets

## Whole Grains

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- Complex carbohydrates: starch or fiber
- Simple carbohydrates: sugars
- Whole grains: complex, fibrous carbohydrates

### **Why whole grains?**

- Displaces fats and sweets
- Delay cholesterol absorption
- Absorbs water – promotes fullness
- Reduce your risk of many chronic diseases



# FATS

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- *Worst* : Trans Fats
  - partially hydrogenated vegetable oil, margarine, shortening, deep fried foods, French fries, most bakery goods
- *Bad*: Saturated Fat
  - Cheese, whole milk, dark chocolate, butter, ice cream, fatty meats, coconut milk, lard
- *Better & Best*: Poly & Monounsaturated
  - Oils: Olive, canola, safflower, corn, sunflower, soybean
  - Fats: peanut butter, nuts, avocados, sesame & pumpkin seeds, fish (omega-3)



# Fruits and Vegetables

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- They are fat free and low in calories!
- They have fiber!
- They have phytochemicals called antioxidants that can reduce your cancer risk!
- Fruits: 2-3 servings/day
- Vegetables: as many as you want!



# Nuts and Legumes

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- Peanuts, walnuts, and almonds have good fats that can lower cholesterol
  - Watch serving size:  $\frac{1}{4}$  cup = 1 serving (170 kcal)
  - Good source of fiber and some protein
- Beans
  - Fat free
  - Great source of fiber and protein



# Best Protein Sources

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## ○ **Fish**

- Cold water fish have high omega-3 fatty acids: salmon, tuna, mackerel

## ○ **Chicken/Turkey**

- Remove the fat and skin; white meat is leaner

## ○ **Beef and Pork**

- Most can be high in saturated if not careful!
- Should limit amount you eat
- Choose only very lean cuts of beef and pork if having

## ○ **Serving size of meat is palm of your hand!**





## Dairy

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- Non-fat and low-fat dairy has been linked to maintaining weight loss and decreasing blood pressure
- Best Sources:
  - Fat free/1% milk
  - Fat free/low-fat yogurt
  - Fat free/low-fat cottage cheese
  - Fat free/lower sugar ice cream & frozen yogurt
- Potential bad source: Cheese!
  - Serving size of cheese is the size of your thumb!
  - Cheese can have 4-12 grams of fat per serving!

# The Basics

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- 1. Eat high-fiber foods such as fruits, vegetables, whole grains and beans**
  - Check the fiber content in whole grain foods
  - If watching carbohydrate intake, look at grams of carbs in labels
- 2. Use less added fat**
  - Check the fat grams of food
  - If eating out, avoid foods with cream or butter sauces and foods that are fried and/or battered.
- 3. Use less added sugar**
  - Sugary foods provide a bunch of calories with little or no nutrients.
- 4. Use less added salt and sodium**
  - Most of the sodium we eat comes from processed foods like cold cuts, prepared foods, canned soups, and pickles
  - To keep your salt and sodium intake moderate, shake the salt shaker lightly and use more fresh and unprocessed foods.
- 5. Try new foods every day**
  - You may find a new healthy food that you like!